



Product Information Sheet

Product Code 217023

Weight 275g

Product Type Individual

Product Name Level 4 Purée Petite Sweet & Sour Chicken

Nutrition (as consumed)

	Quantity Units (per 100g)	Quantity Units (per portion)
Energy (kj)	767kj	2110kj
Energy (kcal)	184kcal	507kcal
Fat	12g	34g
Saturated	1.6g	4.4g
Monounsaturated	6.8g	19g
Polyunsaturated	4.0g	11g
Carbohydrate	9.7g	27g
of which sugars	3.1g	8.4g
Fibre	1.2g	3.3g
Protein	7.6g	21g
Sodium	250mg	686mg
Salt equivalent	0.62g	1.7g
Potassium	175mg	480mg

Ingredient Declaration

water, peas, chicken (13%), rapeseed oil, poultry stock, rice, **SOYA** protein, tomato puree, peppers, pineapple, emulsifier (**SOYA** lecithin), starch, maltodextrin, thickeners (methyl cellulose, xanthan gum, guar gum), sugar, butter (**MILK**), honey, mung bean sprouts, spirit vinegar, salt, onion, natural flavourings (contains yeast extract), **SOYA** beans, ginger, **WHEAT**, caramelised sugar, spices, garden lovage, red chillies, coriander, poultry fat, pepper, **MUSTARD** powder, herbs, acid (acetic acid).

Diet Coding		Made Without		Free From	
1 of 5 a Day	✓	Alcohol	✓	Alcohol	
Energy Dense	✓	Beef	✓	Beef	
Gluten Free		Celery	✓	Celery	
Low Fat		Cheese	✓	Cheese	
Low Salt		Crustacean	✓	Crustacean	
Vegetarian		Egg & egg derivatives	✓	Egg & egg derivatives	
Low Saturated Fat		Fish	✓	Fish	
Healthier Choice		Garlic	✓	Garlic	
Vegan		Milk & milk derivatives		Gluten	
Soft		Mollusc	✓	Milk & milk derivatives	
Reduced Sugars		Mushroom	✓	Mollusc	
Low Sugars	✓	Mustard		Mushroom	
2 of 5 a Day		Nuts	✓	Mustard	
3 of 5 a Day		Onion		Nuts	
Reducing		Peanuts	✓	Onion	
High Protein		Soya		Peanuts	
Easy Chew		Tomato		Soya	
Free From Milk		Yeast		Sulphur dioxide/sulphites >10mg/kg	✓
SourceFibre		Lupin	✓	Tomato	
SourceOfProtein		Sesame	✓	Yeast	

Cooking Guidelines (all ovens may vary)

Cook from frozen. Cook until piping hot. Once cooked do not reheat. Microwave - cook on HALF POWER.

Store at -18°C, do not refreeze once thawed

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